



Preventative or Immune Enhancement

Dosage may vary.

Quercetin with Bromelain 500-800mg, twice per day

Vitamin D3+K2 5000iu per day* recommend having Vitamin D levels checked annually

NAC 500-800mg, twice per day (on an empty stomach)

Vitamin C 1000mg twice per day (liposomal is best)

Zinc 30mg 1-2 times per day

Visit the Fullscript Shop for this exact Protocol with products:

<https://us.fullscript.com/protocols/audreychristie-immune-support>

As always, if you have any questions don't hesitate to reach out.